

Hello dear all,

Below you'll find a step-by-step description of the exercises shown in my free(!) downloadable/streaming **6 Minute Ankle & Hip Conditioning Mini-Routine**, which I send to all my newsletter subscribers.

You can get it via: www.subscribepage.com/Khalida_Dance_Updates

Exercises

- Repeat every movement 5-10 times on each side.
- You'll need a set of 2 yoga blocks and optionally a wall/barre to hold on to for balance.
- Remember to breathe, stand tall, and enjoy!

Feet & Ankles

1. Calf Raises (keep straight legs at all times – lower/lift one heel at a time behind the block, optionally repeat with both heels together)
2. Foot Stretches (gently stretch your feet one by one 'over' the block)
3. Soleus Stretch (bend and straighten your back leg while your heel is dropped – not pictured)
4. Repeat on other side.
5. Double Leg Stretch (bend forward from the hips, anchoring the block with another block – not pictured)

Hips

1. 1-Hip Lifts & Drops (Standing leg stays fully straightened!)
2. 'Floating' Hip Circles (front & back)
3. Repeat 1-Hip Lifts & Drops (same side)
4. Stepdowns (Carefully bend and straighten the leg that's on the blocks)
5. Repeat all on other side

Enjoy, and let me know how you feel after doing this routine!

PS: If you haven't seen it yet, I've also created a free 2,5 minute dancealong video from 'Balletic Moves for Bellydance'. You can download it here: [Free 2,5 Minute Dancealong Routine](#)

If you'd like to purchase the full (nearly 120 minutes!) DVD/Online Class, check out my [Online Classes library](#) and [DVD store](#).

Let's keep moving!

Xx K.